

# Buttercup Connection

Newsheet 4 – September, 2002

*A coming together of free spirits who wish to connect spiritually in a way that is relevant for today – to discover through an open heart the freedom of choice to reawaken our God spark within.*

?? **Wednesday 18<sup>th</sup> September 2002**

## **How do we cope with all the changes?**

Led by Peter Wallace and Terry Moule 7.00 for 7.30 in The Enigma Suite  
This session was originally planned to explore a new style Cancer Help Centre. Because of the strong feelings we have both had during August (which embrace many of the cancer thoughts) we would like to turn this meeting into one that examines the changes we are all feeling in different ways.. Maybe we feel that we are moving into a new space, but we can't understand exactly what it is. We feel change all around us but can't quite determine what we ourselves are trying or wanting to be. This is where we need to do more work together, sharing experiences and helping each other through the changes.

Change has been forecast for some time. How will this feel and how gradual will it be? We believe that this new energy will embrace a number of concepts that we would all share in theory, *and make them real*. But we have both had strong feelings during August that we have definitely passed a 50% point (we will explain at the meeting), *so that the strength of the new energy is now stronger than the old*. Here are some of the new ideas we are having to learn to live with.....

- \*How does it feel to love unconditionally? What are the benefits and how can we do it?
- \*The recognition that we are all One and all interdependent. How does this affect our approach to life, love, business, etc.?
- \*Each of us is a unique aspect of God. How does this feel when it is lived? How do we realise the potential of who we each are?
- \*Being all of who we are – how does this feel and how do we take the risks to get there?
- \*Illness may not be necessary in the long run. What is the role of illness/stress/lack of well-being on our journey?
- \*Being increasingly free of pain – is this possible?

We look forward to seeing you or hearing from you, so as to explore some of these ideas.

?? **Monday 30<sup>th</sup> September 2002**

## **The Mind or the Machine**

A talk by David Furlong 7.00 for 7.30 in The Enigma Suite  
In recent years many health machines have come on to the market, like the Vega machine, which use electro-dermic screening (testing skin resistance) to check for health imbalances and prescribe treatments. In this talk, David will explore the use of one of these devices called the MSA21 or Best system showing its remarkable features. But is the equipment merely responding to an innate healing ability that we all possess or does it actually correct imbalances itself?

?? **Monday 14<sup>th</sup> October 2002**

**The Population Explosion – can we contain it?**

H-A energy channelled through Tony Neate 7.00 for 7.30 in The Enigma Suite

?? **Monday 28<sup>th</sup> October 2002**

**Freeway CER (Change Energy Routine)**

A talk by Brian Ackroyd

Freeway CER is a Meridian Energy system that is a further development of Emotional Freedom Technique, utilising both Meridian and Chakra tapping to bring your individual energy back to a balanced state.

The evening will involve a description of the system and will allow for personal participation.

?? **Thursday 7<sup>th</sup> November 2002**

**Working with Archetypal Energies**

H-A energy channelled through Tony Neate 7.00 for 7.30 in The Enigma Suite

?? **Wednesday 13<sup>th</sup> November 2002**

**Exploring the Creation of a Cancer Help Group**

Led by Peter Wallace

7.00 for 7.30 in The Enigma Suite

An invitation to all members of the Buttercup Connection to explore how we might set a Cancer Help Group, and what issues we should consider. We have amongst our group those people who are very involved in the area of cancer; those who have cancer or have had it; those who know people with cancer and well have views on it; and those who treat cancer patients. All of you are welcome.

***All evening meetings are free, but a donation to Buttercup Connection will be appreciated.***

***Another Meeting of the Core Group***

- A lively meeting in which the idea of Buttercup Connection (BC) Groups in Aberdeen, Australia and Norway was discussed (*watch this spot for further details!*)

?? We looked at the idea of setting up a website

?? We really looked at what we could do to tell others about us; we felt we are here to help those who do not particularly want a fixed structure in their approach to spiritual understanding – a simple approach; to support, enlighten.

?? How to set up some guidance for people wanting to start BC groups

?? The need for a descriptive leaflet

?? Let's have articles from **more** of you for the newsletter

?? What about an Aquarian Social for next year?

*If you feel that you can add or help with some of these ideas, please contact us.*

Those present included: Brian Ackroyd, Jan Ayers, Trish Hamilton, Terry Moule, Ann & Tony Neate, Ken Price, Lloyd Reynolds & Philip Sweet. Apologies from Peter Wallace & Don Williams

## **Time for Trust - a comment by H-A**

“Humankind has the choice of taking itself forward into a new utopian existence; or it has the choice of totally destroying itself. The only way forward is through peaceful coexistence, it is through forgiveness, it is through trusting the other party. Of course there will be times when that trust will be misplaced but it is better to have that trust misplaced than not to have trust at all. Otherwise you find yourself on the band wagon of revenge and retribution, proving the other person to be wrong. ‘He does that to me; I have to retaliate and do that to him!’

“Let me give you an example. All the problems in Israel could be solved simply by one side saying, ‘We are going to trust you. If there is an outrage we will not retaliate. Let us come together and find a way forward that will enable both sides to live in peace, to live in trust, to live in love.’ . . .

“This is the moment when change can take place. This is a time for reassessing where you are, without fear, without prejudice, without being the victim, without being the aggressor. It is a time for openness.”

There are a number of H-A lectures complete on our website: [www.channelling-online.com](http://www.channelling-online.com)

- look under Channelling Transcripts. They can be freely downloaded. If you do not have a computer, why not ask a friend to download for you.

## **The Journey we must Make** *Brian Ackroyd*

It is taken for granted that personal development is a process, a dynamic activity that leads us, in stages, from our existing condition, which feels uncomfortable and not quite right, to a point where we are happy, free from misery and able to live in the world and move through it in ease and comfort. But first we must acknowledge that we have a problem and once we have done that and we attempt to solve our problems we are presented with a bewildering array of concepts, words and methods of healing ourselves and a variety of experts who will tell us that they have the complete answer to our problems and, if only we fulfil certain conditions, our problems can be solved almost instantaneously.

When we start to look we often search for the definitive road map and, if we were going from Southampton to Greenock, it would be a simple job just to pick up the latest map at the book shop and read it and find a vehicle, get in it and go. Unfortunately no book can do that for personal growth because, although we are similar we are all unique and are all starting from a different place. What we do have is the experiences, past and present, of people who have made the journey and who have identified typical stages that people go through, a simple example of which is bereavement counselling which sees people through certain emotional stages to the other side.

When we realise something is wrong and that something needs to be done we have the beginning of wisdom. Then we must build a foundation from which to work and decide

where and what we are. That strong and deep foundation, in all areas of our life, is essential if we are to look at those things which contribute to our unhappiness. We will find ourselves contacting our 'inner child', who holds our feelings and wounds, in order to bring them into a healing space. We will become aware of an 'inner critic' who sabotages our moves towards wholeness and we will need to work to turn it into an ally not an enemy.

Sometimes this will seem like being in a dark abyss in which we have to deal with all that we have hidden but at the end of this stage we will literally feel reborn into a brighter life, a new being who can accept full responsibility for their life. From this we see our relationships blossom as we join more deeply with others and, though we may have offered ourselves in service to others through the whole of, our journey we now move into a life where offering that service is a natural outcome of our unselfish state, not a duty.

At this point we put away the maps we have been using for they lose their usefulness and cannot describe the territory in which we now move. Words no longer, even approximately, match our experience; but by now we have prepared the ground that supports us and we can move freely as circumstances require.

### **“A Lifetime Spent Preparing For The Journey”** *Ken Price*

A personal view on the nature of reality, with apologies to Chris de Burgh for maybe taking his words out of context, and thanks to the countless inspirational thinkers who've made my journey so easy. I invited inspiration for an idea for an article. I found it on Radio 4, listening to a debate about whether levitation was possible. It stimulated me to think about the different “realities” that exist for different people.

Several opinions were proffered – a Transcendental Meditation practitioner asserted quite categorically that levitation was indeed possible, he had actually performed it. He quoted Quantum Theory as a basis on which such things could happen, describing the much-discussed [in scientific circles] “unifying force” as a means by which gravity could be overcome or suspended. An equally assertive statement followed from Ali Bongo, renowned magician. He was equally convincing in his argument that he could convince people, through “magic”, that he was levitating something or someone – but that it was a magician’s trick and not really possible. He closed with the comment “Show me”.

In terms of their inner worlds, their personal mythologies, they are probably both “right”. Their “worlds” respond to their expectations. If we believe in and expect miracles, they happen. The definition of what constitutes a miracle is of course subject to debate. Jesus turning water into wine or my brother-in-law arriving on time to go to the pub on Friday night – both miracles in their own way.

A further radio item reported the “new” religion of Jedi that was gaining popularity, a smile passed as I reflected on my experience – and my dreams. The force is strong in this one ‘Master Skywalker’. My journey to Buttercup began a long time ago (maybe even in a galaxy far, far away). I’ve travelled through many years of denial of any non-physical reality, of Spirit and God in its many guises. My “western scientific” approach

ignored the non-physical reality as being of no significance to, and independent of, physical reality. A rude awakening brought me to something I'd been seeking for many years – a perspective that would help me make sense of my experiences. What if non-physical reality is in fact the precursor of physical reality – the “dream” is where it all originates?

Many possibilities presented themselves – Channelling, Healing, Shamanism, Reiki, T'ai Chi, Meditation, Taoism.... a seemingly endless variety with each offering a different perspective. And yet each seemed to open doorways on non-physical reality. Which was “right”, which was “wrong”? More limited thinking. The nature of reality is a fragile thing – one person's heaven is another's hell, with very little separating them – mainly perspective. Heaven is the diversity of ideas, therapies and disciplines that provide pathways to take us “Home”, the place where we find inner peace. Hell is feeling powerless and continuing to believe that we have no power over our destinies.

So what does it all mean? How do we find “heaven”? Look within to find our place in this world, why we are here. Native peoples have a mythology that connects them to the planet on which they live, giving them a sense of their place in the great mystery of life. Classical Greek mythology in the western world describes ‘heroic journeys’, journeys we can all take to find our true selves. Children's myths are fairy tales, telling of great adventures and heroic deeds – and usually a lot of fun along the way. These myths may be simple stories, or valuable wisdom that can guide us through life. We each live out our own myth. As our personal and collective mythologies dictate, so “reality” reinforces the myth. If you want to see your myth in action – look around you at your life. Think about how it could relate to a story – are you living a comedy or a tragedy? If you want to change your life, change the “dream”, the mythology under which you live. Our life journey is to take responsibility for our lives - dream a new dream if necessary – and then “to thine own Self be true”.

But how to change a “dream”, it isn't real – is it? Depends on your perspective. Until Galileo, everyone knew the Sun travelled around the Earth. Until explorers travelled the oceans, everyone knew the Earth was flat. Until yesterday, I thought coq au vin was love in a lorry (thanks and complaints to Victoria Wood!). Who knows what treasures tomorrow will bring. . . There is no answer, but lots of questions with interesting avenues of exploration. But, of course, I could be wrong. It doesn't really matter because this is *my* “dream”. And I changed it about six years ago for a different “dream”. The world may still be the same, but I changed and my place in the world changed.

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### **Some thoughts on war and dictatorship – from Peter Wallace**

*“Beware the leader who bangs the drums of war in order to whip the citizenry into a patriotic fervour, for patriotism is indeed a double-edged sword. It both emboldens the blood, just as it narrows the mind. And when the drums of war have reached a fever pitch and the blood boils with hate and the mind is closed, the leader will have no need in seizing the rights of the citizenry. Rather, the citizenry, infused with fear and blinded with patriotism, will offer up all of their rights unto the leader, and gladly so. How do I know? For this is what I have done. And I am Caesar.”*  
Shakespeare

*“If this were a dictatorship, it'd be a heck of a lot easier, just so long as I'm the dictator.”* GW Bush - during a photo-op with Congressional leaders. <http://www.cnn.com/TRANSCRIPTS/0012/18/nd.01.html>

## **Health Otherwise**

**Is an informal alliance of organisations, press and individuals arguing for a more competent and positive approach to public health**

*The following recommendations were made by Dr Peter Mansfield following the report by the Medical Research Council on Water Fluoridation and Health this month*

- ?? Emphasise the need for good diet and efficient mechanical dental hygiene (brushing and flossing) which are together capable of eradicating dental caries. (Fluoride is, at best, only capable of marginal improvement).
- ?? Deploy incentives for food manufacturers to improve the real value of their products. (no hidden sugars, drastic reduction in refinement of cereals).
- ?? Prevent any new fluoridation schemes pending urgent research.
- ?? Examine intensively the total fluoride intake of citizens in long-fluoridated urban areas, and its relation to their diseases, to establish the current facts in a 'worst case' scenario.
- ?? Introduce urgently to the NHS a clinical test of plasma and urinary fluoride so that people with unexplained backache, joint pain, indigestion or chronic fatigue can be screened to check that they don't happen to be consuming exceptional amounts of fluoride.
- ?? Follow the recent Belgium precedent of banning the open sale to the public of fluoride supplements and mouthwashes.
- ?? Stop routine use by dentists of high-dose fluoride rinses, amalgams and dressings except with the informed written consent of the patient; and arrange the provision of alternatives.
- ?? Enforce warnings on all packets of fluoridated toothpaste against swallowing any of the washings, or using them at all in children without specific dental advice.
  - ?? Subject to the results of research and provided an adequate positive dietary campaign is by then well under way, dismantle existing schemes of artificial fluoridation.

*For comment or further information, contact Dr Peter Mansfield on 07957 861775*

**A letter from Rabbi Michael Lerner  
organiser and founder editor of *Tikkun Magazine*, who has initiated  
the call for a spiritual politics in America**

"As we enter the period of societal reflection connected with September 11<sup>th</sup>,  
and for Jews with the High Holidays,

I want to wish you a very joyous, love-heightened New Year.

I bless you for a year of health, inner growth, loving connection to others,  
and nurturance for your soul.

For the world, I am sure you will join me in praying for a year in which  
Israel and Palestine will be blessed with renewed energy towards  
peace and reconciliation, in which the world stops resolving problems  
through war, and in which we as a human race wake up  
and take real responsibility for stopping the destruction of our environment,  
and pool our energies towards ending poverty, hunger and homelessness.  
Love and blessings, Michael ([RabbiLerner@tikkun.org](mailto:RabbiLerner@tikkun.org))

## Self realisation ~ “There is more to you than meets the eye”

Lloyd Reynolds

*A coming together of free spirits who wish to connect spiritually in a way that is relevant for today  
– to discover through an open heart the freedom of choice to reawaken our God spark within.*

The words above you will recognise for they epitomise the essence of Buttercup Connection. It is about helping and connecting those people who are searching. The words “reawaken our God spark within” bring back my own memories of the day I realised that there was something missing in my life but I didn’t know what, so I began searching, not realising what I was searching for. Was I searching on another level of consciousness? Although I hadn’t realised it at the time, I had sent out a message “I am searching”. I started to meet people who could help me on my journey. I started to hear ‘new’ words: healer, aura, chakra, energy centres, guides, entities. None of these words were strange to me, more a distant memory from another world of inner knowing, an Awakening of my inner Self.

I can only speak from my personal experience with absolute knowledge of what it meant to me at the time; so I will share with you my experience of what happens, when a person starts their ‘spiritual journey’, sending out a message, “I am searching”; for we do not realise where our path may lead, whom we may meet along the way or what we will discover about ourselves.

I have never been a particularly religious man but have always known that there was something more to this life other than what I could ‘see’ - an inner knowing, an absolute truth. My realisation of this fact started with my wife Elsabe joining a healing group, her intuition knowing that I needed help, big help. I got it from a healer, a very gifted man in the psychic field. What an eye opener! I didn’t know what he was doing, but I knew I wanted to do what he was doing. And so started my spiritual journey and healing process.

I discovered how to relax through meditation and visualisation. Then the doubting questions started: Is this for real? What makes you think you can do that? It’s just my imagination! Yes it is, but on a different level of consciousness. Eventually I started to trust that inner voice a bit more, to realise that I was more than I had ever imagined I could be; I started to accept myself, to respect myself, even to love myself.

Once the initial message is sent out “I am searching”, the next message to be sent out is “I need guidance”, and it was again Elsabe who at this time read an article about a man called Tony Neate - you may have heard of him! The initial workshop that Tony did at our home in Scotland led to the College of Healing, meeting more people searching. That for me was a major turning point in my life. It gave me a process for self-healing and a greater depth of understanding myself, knowing that it is OK to be different.

During the next few years Elsabe and I ran several relaxation/meditation groups for people searching for their truth. Some stayed, others passed through our lives on their spiritual journeys. At the same time we undertook courses in a few therapies and facilitated more workshops with Tony and Ann: School of Channelling, Self-awareness/development, to name a few. It was during this period that my work took me to Norway, where again I met with more people ‘searching’, which resulted in two meditation groups being set up. More recently, Elsabe and I decided to run a ten-week

course called “Awakening Your Inner Self”, and it is from this that our present meditation group is able to help others on their spiritual walk, as we were helped on ours.

So here I am writing an article for a BC newsletter. Who would have thought all those years ago that by sending out one little message onto the ether “I am searching”, would have resulted in self-realisation, channelling, becoming a healer, a therapist, running meditation groups/workshops here and in Norway, meeting hundreds of like-minded people! . . . We never know what we may create for ourselves or others as we meet for fleeting moments, or share a life together. With BC, we have an opportunity to share with people who are searching for their own awakening but don’t know where to go or who to ask. We can each make a difference. All we have to do is talk to someone who is searching. Who knows where it may lead? Fields of buttercups connecting people from all walks of life, from England to Scotland to Norway, to wherever?

### *If we could shrink the World!*

If we could shrink the earth into a village with a population of precisely 100 people, with all the existing human ratios remaining the same, there would be . . .

**57** Asians **21** Europeans **14** from the Western Hemisphere, both north and south, **8** Africans

**52** would be female **48** would be male **70** would be non-white, **30** would be white

**70** would be non-Christian **30** would be Christian **1** would be near death **1** would be near birth

**89** would be heterosexual **11** would be homosexual **50** would suffer from malnutrition

**6** people would possess **59%** of the entire world’s wealth and would be from the USA

**80** would live in sub-standard housing **70** would be unable to read

**1** (yes, only 1) would have a college education **1** would own a computer

When we consider our world from such a compressed perspective, the need for **acceptance**, **understanding** and **education** become glaringly apparent. If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation – you are ahead of **500 million** people in the world.

If you can attend a church meeting without fear, harassment, arrest, torture or death – you are more blessed than **3 million** people in the world.

If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep – you are richer than **75%** of the world.

If you have money in the bank, in your wallet, and a spare change in a dish someplace – you are among the top **8%** of the world’s wealthy.

**Work...** like you don’t need the money **Love...** like you’ve never been hurt

**Dance...** like nobody’s watching **Sing...** like nobody’s listening

**Live...** like it’s Heaven on Earth

Displayed on the walls of the entrance to EDEN PROJECT, Cornwall

**Terry Moule, Ann Neate, Tony Neate, Peter Wallace**

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(It is situated in the car park of The Railway Inn.

Please park on the road, not in the Railway Inn car park)

